



EMERGENCY SKILLS FOR KIDS

A **CARD** Training

Collaborating Agencies Responding to Disasters

1736 Franklin Street, Suite 450, Oakland, CA 94612

Phone: (510) 451-3140 ♦ Fax: (510) 451-3144

info@firstvictims.org ♦ www.FirstVictims.org

CARD

Collaborating Agencies Responding to Disasters

Hereby certifies that

has completed

Emergency Skills for Kids

Granted: _____

Ana-Marie Jones
Executive Director



EMERGENCY SKILLS FOR KIDS

For earthquakes and other threats:

- ❑ **Drop - Cover - Hold** (Step 1)
 - **DROP** to the ground.
 - Have a strong table **COVER** you.
 - **HOLD** on till shaking stops.
 - ❑ **Shake - Look - Listen** (Step 2)
 - **SHAKE** yourself gently to make sure no glass is on you - Do not rub.
 - While under the table, **LOOK** for an adult and look at what has happened.
 - **LISTEN** carefully for instructions.
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- ❑ **Call 9-1-1**

Dial 911. Answer their questions. Tell them your name. Tell them where you are. Tell them what has happened. Follow their instructions.
 - ❑ **Call Emergency Contact**
 - Dial trusted emergency contact.
 - Tell them what has happened.
 - Follow instructions.
 - Have back-up numbers handy.
 - ❑ **When to YELL!**
 - If you need help.
 - To stop someone from getting hurt.
 - To warn people around you.

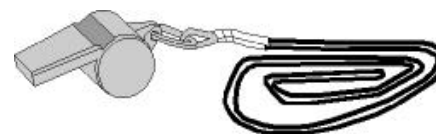
EMERGENCY SKILLS FOR KIDS

- ❑ **How to use ANYTHING** you have to help you in an emergency.



- ❑ **Whistle Skills**

1 Blow = Yes. 2 Blows = No. 3 Blows = Help!



- ❑ **Flashlight Skills**

1 Flash = Yes. 2 Flashes = No. 3 Flashes = Help!

- Flash quickly at eyes, and then flash where you want them to go or look.
- Move the flashlight around in a circle when you are walking so that you can be seen in all directions.

